

QE2 Open water Swim Sessions - Safety Information

- All swimmers must have pre-registered online through Results base
- When you arrive at the venue, please sign in at the registration desk at the lakeside before entering the water
- You will be able to get in the water from 6pm. when the safety crafts are on the water.
- The wearing of wetsuits is compulsory
- A Keyboard is provided for your personal keys whilst you swim.
- After you finish your swim, please sign out at the registration desk
- Please see the Open water swim course maps so that you are familiar with the swim course and swim direction.
- Enter the water at the Concrete Jetty in front of the registration desk, please be careful getting into the lake!
- Keep the marker buoys to your **Left**, swim in an **Anti-Clockwise** direction.
- We recommend that you wear a bright coloured Swim hat whilst swimming
- Swim within your limits
- If you get into difficulty whilst swimming, shout for the attention of the nearest safety craft and then signal, by putting one arm up in the air and then lower it to a 90-degree angle and keep doing this to attract the safety crew's attention. You can roll onto your back and your wetsuit will keep you afloat until the safety crew gets to you.
- Do not panic...Exit points around the lake, very shallow. if you wish to get out of the lake, please inform the registration desk